

Interval Training

What is Interval Training? Interval training has been an increasing popularity of exercise in today's athletes and workout enthusiasts. Interval training incorporates bursts of intensity and or speed mixed in with recovery periods. This type of training has been designed to burn fat, increase calorie burning and improve aerobic capacity. Meaning you will get the outcome you are looking for, sooner than you thought!

What are the benefits of Interval Training? With the repetitive nature of interval training, your muscles adapt and begin building new capillaries (blood vessels). This allows your body to deliver oxygen to your working muscles easier and quicker. Your heart begins to get stronger and healthier which allows you to be more active, longer.

If you are a calorie counter studies show that Interval Training is to be better for you than slow endurance exercising because your body will continue to burn calories up to 24 hours after your workout. However, because Interval Training involves high intensity bursts, you must continue to listen to your body and start slow and work your way up. Always warm up like any other day of exercising. Begin Interval Training at a low repetition and build up the number of reps over time. Begin with longer recovery periods and over time decrease the amount of time recovering. The best part about Interval Training is anyone can give it a try and reap the benefits!

Try this work out: This is for a beginner. If you feel you can do more, change the time of each interval to suit your needs..

<i>Activity</i>	<i>Time</i>	<i>% of Effort</i>
Warm up: Moderate Pace to gradually warm up	5 min	50-60%
Baseline: Increase your speed	2 min	70%
Intervals:		
Sprint Interval-Move as fast as you can	30 sec	80%-90%
Recovery Interval	1 min	60%-70%
Repeat the above intervals 8-12 times	12- 18 minutes total	60%-90%
Cool Down	5 min	50-60%
Total: 24-30 minutes		

